



- Ice packs. 10 minutes on and 10 minutes off for the rest of the day.
- Use an extra pillow behind your head tonight, with an old towel just in case.
- Mouthwash. Use half a cap of mouthwash and half a cap of water, twice a day.
- All other times use salt water mouthwashes.
- Start antibiotic cover from tomorrow. Use both Amoxicillin and Metronidazole
- Take pain killers when needed every 4 to 6 hours.